Cold weekend ahead for the UK

30 November 2012 - Met Office forecasters are predicting that the current cold weather grasping the UK is set to continue over the weekend with frost and ice for many areas.

Overnight temperatures are expected to fall well below freezing on both Friday and Saturday night and warnings for widespread ice have been issued. During the daytime, temperatures will remain in single figures and by Saturday morning a little snow is expected across parts of Scotland and northern England. A band of rain is forecast to spread from the west during Sunday and as this meets cold air in the east of the UK it may turn to snow for a short time before turning back to rain through the early hours of Monday.

Steve Willington, Met Office Chief Forecaster, said: "It will remain very cold for the next couple of days and some people may wake up to a little snow first thing on Saturday across the north of the country. By the start of next week it looks as though brisk westerly winds will give us temperatures closer to normal and scattered showers in western areas."

A Cold Weather Alert remains in place over the weekend in light of the cold weather and icy conditions. These alerts give advanced warning of adverse weather conditions, enabling you to take extra precautions to keep safe and well.

Michelle Mitchell, Age UK's Charity Director General, said: "With a cold weekend ahead it's important for people to keep up-to-date with forecasts and warnings from the Met Office. Keeping warm in winter is absolutely key to keeping well. Cold weather poses serious health risks for older, more vulnerable people. We advise older people to wrap up well, keep their house warm, shut the windows at night and continue to eat healthily. We would urge anyone who is worried about staying warm over the coming days to call Age UK Advice free of charge on 0800 169 65 65 or visit www.spreadthewarmth.org.uk."

The latest weather information can always be found at the Met Office website and advice on simple steps you can take to stay warm and well can be found on our Get ready for winter web pages.

Contact information

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